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## Standing Feminine in 9 Easy Steps

I am most often asked by those who have studied my Vol 1 DVD—to please explain again— how to stand and sit in an S-Curve. Review Vol 1 but herewith a short review. Most men stand linear, and they generally do not use much hand movement (except shaking hands, waving or crossing their arms) so we want to break out of the linear by using what I created called the S-Curve to look casual, sensual, sexy, or really sensual.

**Lets begin with how to STAND in a feminine sensual way.**

**Day 1** Study yourself while in guy mode when you can see your reflection in a mirror or large window. You will probably be like most men, which is prettyinpinkstanding with both feet flat on the ground and your hands down to your side (and often not swinging them while walking or swinging from the shoulders). This creates the straight I shape.

**Day 2** Begin to take the weight off one of your feet, you can do this while in guy mode....the magic comes when your makeup is done and dressed. In the beginning this will be difficult to remember, so don't beat yourself up, just make the correction. Again, you can do this while in guy mode as it will not "look feminine". until your dressed. This is the foundation for your footwork when creating the Sensual S curve. Place one foot forward slightly while the other foot stays in the back – and be certain no weight it on the FRONT FOOT, EVER. Next, you will only begin walking on your front foot, which does NOT have any weight on it. I tell my clients to repeat FFF. Free Front Foot.

**Day 3** Please break these up into days, as I do not want you to go on to the next step until you have the previous day down; otherwise everything will fall apart – as much as you would like to tell yourself "Oh, I will remember to do that, its easy". Wrong. I have seen this in my 12 years of my private coaching for TG women, habit will be hard to break. However, once you feel the difference, you will be on your way to your first curve. Most men will step off on their BACK foot, (again men generally stand with their weight on both feet).

**Day 4** After learning to place one foot slightly forward with the back foot solid on the ground – Lift the heel off the ground of the FFF. In the beginning think of it, like a clock. Your back base foot will be at 11:00 while your front, feminine foot will be at 1:00 or a slight 2:00. You can also learn by placing the heel of your front foot into the arch of your base, back foot. Later, we will open this slightly.

**Day 5** After lifting the heel up (which a man would never do) slightly tilt your FFF knee inward. BAM you have a major curve, which is the foundation of your S Curve. Try this with no shoes on, then in a heel. Practice this way of standing (it is called a hesitation in modeling) in the shoes with the heel height you most often wear when you're out dressed. Get ready, lets create another curve.

**Day 6** Always, always begin to walk with your front free feminine foot. Why? Try stepping off

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with the back foot which has the weight on it. You will be stuck in cement, it never moves. It is your base foot which holds you up really well, in heels when standing. Try it. When stepping off on your base back foot did you feel how your entire body came forward, showing larger shoulders, arms and hands? This will be a difficult habit to break.....at first.

**Day 7** Now, back to standing. You have your heel up and knee in which closes up any OPEN SPACE. You do not want any open space between your knees and your feet. Once you're standing with your feet in your hesitation, with your heel up and sexy knee pointed inward, I want you to lift up your diaphragm and roll your shoulders up, back, and down which will bring attention to your breast! Now, twist at the waist. You have another curve.

When your shoulders go DOWN, they will not look as large, however your breast will -- Remember roll them up, back, and down...feel your breast come forward and making your shorter.

**Day 8** Next your shoulders. Tilt your shoulders one direction or the other, while you're in your hesitation. You now have your next curve! You can use either shoulder, so practice tilting your left shoulder forward and then your right shoulder. You will need a mirror to see this. Remember to keep the heel up and the knee in, up at the waist, shoulders up, back and down and one shoulder pointed to the side. This is a really great tilt for photo taking, as only one shoulder will show and your breasts will look larger, oh yes and your stomach will be lifted! Remember the hesitation or this all falls apart later when we begin stairs, cars. Now, try tilting your head to the opposite side, than the shoulder you use. This is another curve. Not so hard, right?There is no right or wrong, just don't stand in your guy stance.

**Day 9** If you want to feel "more casual" take your FFF and slide it over and open away from the base foot below the same shoulder. This is called an "open hesitation" You simply slide your FFF over onto your big toe, bend that knee in a little more. This is great when you're wearing jeans for a casual stance. Your closed hesitation is more for a sophisticated look. And, I use it as a way of teachhing everything we do, we start with a closed hesitation.

**Summary:** You will find one foot more comfortable than the other– for your front foot and the other for your base foot. Your base foot needs to be your stronger foot, as it holds you up. As in Karate...they stand with one foot forward, right? Why? Balance. By placing your FFF forward you can use it to support yourself or to "prop" yourself up. This is very important for girls who are just learning to stand and walk in heels.Plus is gives you a much more feminine appearance than standing with your feet apart with weight on both feet, right?

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